

UNIVERSITY OF CALIFORNIA



CITIZENSHIP

LEADERSHIP

LIFE SKILLS

4-H
Youth
DEVELOPMENT
PROGRAM

Food Fiesta

Registration Guide

Adapted from University Of Nebraska - Lincoln Extension, 4-H
Foods Judging Guide and Washington State University -
Extension, publications: C1097E, C1098E, C1099E.

Who is Eligible?

All 4-H members are welcome, especially those enrolled in Foods/Nutrition, Cake Decorating, Breads, and Beginning 4-H projects to the Annual San Joaquin County 4-H Food Fiesta.

Clover members (ages 5-8) are welcome to attend the event, but may not enter any of the competitive activities, including group classes. However, Clover-friendly group activities will be available throughout the day.

Classes and Divisions List

Exhibitors will be divided into divisions by their ages and classes by the type of dish/display they are entering. **Each exhibitor may only enter one individual class (showmanship or project exhibit) and one group class. Changes cannot be made to an exhibitor's class/division once registration closes.**

Age Divisions

Please use the exhibitor's 4-H age when determining their division. For example, a youth who turns 11 on December 31st would have a 4-H age of 11 and register as Intermediate, but a youth who turns 11 on January 1st would have 4-H age of 10 and register as a Junior.

| Age Divisions | |
|---------------|------------|
| Junior | Ages 9-10 |
| Intermediate | Ages 11-13 |
| Senior | Ages 14-19 |

Individual Showmanship Classes

The exhibitor prepares a dish for one of the categories below in advance. They will be called into a room where they will set up a place setting (see p.4 for guidelines), present their dish to a panel of judges who may choose to taste it, and undergo a short interview. A recipe card (see p.8) must be provided and safe food handling practices must be followed at all times.

| Class | Exhibit Type |
|-------|--|
| S1 | Appetizer |
| S2 | Soup or Salad |
| S3 | Main Dish |
| S4 | Dessert |
| S5 | Yeast Breads |
| S6 | Quick Breads (ex: muffins, banana bread) |
| S7 | Preserves |
| S8 | Cake Decorating (no tasting done, judged solely on appearance) |

Individual Project Exhibit Only

The exhibitor prepares a dish in advance that can be safely left at room temperature for several hours. The dish must be checked in and displayed between 8:30-9:30am. No place setting is required, but a recipe card must be provided. There is no interview component, and the exhibitor does not need to be present at the event once their entry is checked in and displayed.

| Class | Exhibit Type |
|--------------|---------------------|
| P1 | Cookies |
| P2 | Yeast Breads |
| P3 | Quick Breads |
| P4 | Cakes |
| P5 | Pies |
| P6 | Decorated Item |
| P7 | Candy |

Group Table Settings

The maximum size of each group is 8 youth and 2 adults. The group will decorate a table to fit one of three (3) classes and the table setting theme to include tablecloths or placemats (or both), place cards, napkins, centerpieces, and utensil place setting.

| Class | Exhibit Type |
|--------------|---|
| T1 | Banquet/Party (8 settings, exhibitor must use 72" circular table provided at venue) |
| T2 | Dinner for Two (2 settings, exhibitor must bring small table) |
| T3 | Picnic/Camping (4 settings, exhibitor must bring table/blanket) |

Place Setting Guidelines

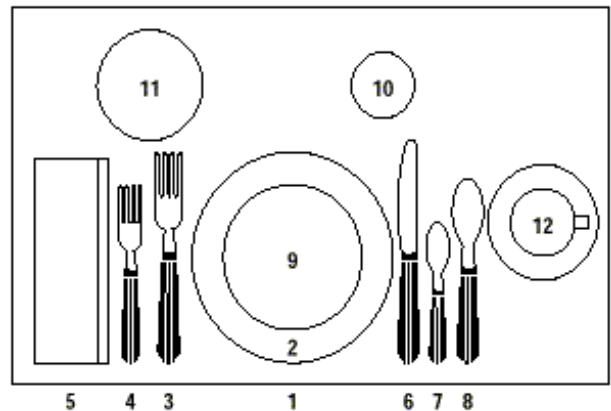
The following guide is a basic set of rules for setting the table. It can be used in formal as well as informal situations.

An attractive table adds to the enjoyment of a meal. To set the table, the 4-H'er needs a "place setting" for each person. A table setting should include the following items:

- Dinnerware (plates, cups, saucers, and bowls)
- Glassware (glasses of all shapes and sizes)
- Flatware (forks, spoons, and knives)
- Napkins
- Centerpiece (group setting)
- Placemats
- Place cards

The following rules for setting a table correspond to the numbers seen in the table setting illustration.

1. The flatware, plate, and napkin should be one inch from the edge of the table.
2. The plate is always in the center of the place setting.
3. The dinner fork is placed at the left of the plate.
4. If a salad fork is used, it is placed to the left of the dinner fork.
5. The napkin is placed to the left of the fork, with the fold on the left. It can also go under a fork, or on top of the plate.
6. The knife is placed to the right of the plate with the sharp blade facing in towards the plate.
7. The teaspoon is placed to the right of the knife.
8. If a soup spoon is needed, it is placed to the right of the teaspoon.
9. The soup bowl may be placed to the right of the teaspoon.
10. The drinking glass is placed at the tip of the knife.
11. If a salad plate is is used, place it just above the tip of the fork.
12. The cup or mug is placed to the top right of the spoons.



Tips for your place setting for individual classes:

- Placemats can be used for special occasions.
- Dinnerware and flatware should be chosen as appropriate for the occasion and that complement each other. Matching or blended colors or textures in the dishes or contrast something different make a table setting look attractive.
- Table setting items should be appropriate for the meal served. Snacks on paper plates are appropriate while a home-cooked dinner should be served on attractive dishes to help show it off.
- Only the utensils needed are placed on the table.
- All entries will be limited to about 22 inches x 15 inches.
- Please do not include such things as candles, flowers, or a centerpiece in your place setting.

Tips for group table setting classes:

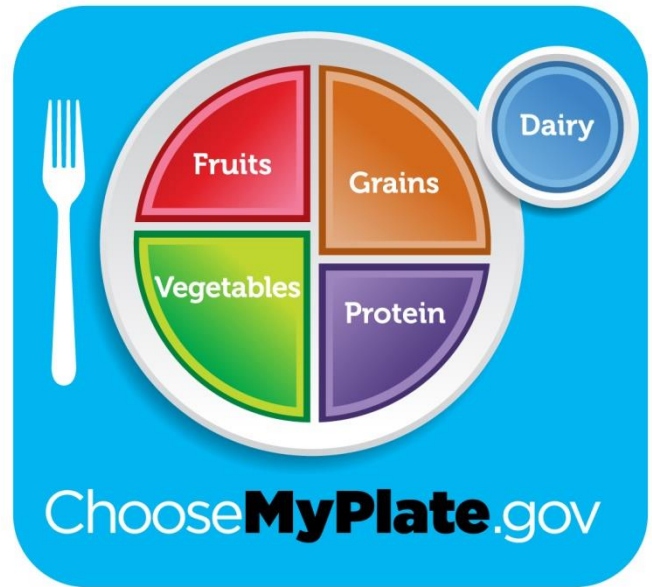
- The centerpiece should be attractive. Simple ones, such as fresh flowers, a plant, or fruit can be used. If candles are used, they should be of the length so that if they were lit, they would be above eye level.
- The centerpiece should be low enough so that the people at the table can see over it; it should be colorful and blend with the tablecloth and the dishes; and be fresh and clean looking.

Nutrition Content

All entries should meet the standards of MyPlate. An appropriately written menu should follow the Dietary Guidelines for America and MyPlate to assure nutritional adequacy. Good menus have choices from every food group and get the most nutrition out of the calories provided.

MyPlate gives more specific guidelines about the types and AMOUNTS of foods to eat than the previous Food Guide Pyramid. For adults, this is based on a 2,000 kcal diet. Adjustments may need to be made for an individual's age, gender, and physical activity level. As a general guideline, a meal should have at least three different food groups to help balance out what the body needs every day to get all the nutrients needed.

| | |
|--------------|--|
| Grains | Eat 6oz. every day at least half should be whole grain |
| Vegetables | Eat 2 ½ cups every day |
| Fruits | Eat 1 ½ cups every day |
| Milk | Get 3 cups every day (for kids ages 2 to 8, it's 2 cups) |
| Meat & Beans | Eat 5 oz every day |



Sample Menus: Be sure to use capital letters for all words except prepositions and conjunctions. List foods in order they will be served.

Breakfast

Grape Fruit
Cereal with Milk
Eggs and Bacon
Orange Juice

Lunch

Peanut Butter and Jelly Sandwich
Carrots with Ranch Dressing
Banana
Milk

Dinner

Salad
Steak
Baked Potato
Green Beans
Bread
Milk or Water
Ice Cream

4-H Food Fiesta

Please complete this form before you arrive to Food Fiesta. Supply (1) copy for the judges to keep and review.

Contestant's Name _____ Division _____ Class _____ Year in Project (if applicable) _____ Age _____

Menu Column: Please list the items in your menu including your Food Fiesta entry.

MyPlate Food Group Column: Identify which MyPlate food group(s) your menu items belong to.

| Menu | MyPlate Food Group or Groups |
|------|------------------------------|
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Recipe for Food Fiesta Entry: List ingredients and their retail cost, even if not purchased, including: nuts, raisins, salt, butter, etc.

| Amount | Ingredient | Retail Price |
|--------|------------|--------------|
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Recipe serves _____ people, at a cost of \$ _____ per serving. Retail cost \$ _____

Recipe Card

Please complete this form before you arrive to Food Fiesta.
Supply (1) copy for the judges to keep and review.

Contestant's Name Division Class Recipe Name

Recipe for Food Fiesta Entry: List ingredients and amounts

| Amount | Ingredients |
|--------|-------------|
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Write directions for preparing this recipe for Food Fiesta: _____

